

ABSTRACT OF THE DISCLOSURE

A green soybean having a deep green color, prevented from discoloring, and being adaptable for chilled distribution is provided as a cooked and frozen product. The green soybean is hard to discolor and is frozen after cooking. The green color is retained even in a condition exposed to illumination of light. The green soybean contains chlorophyll α of not less than 3.8 g / 100 g wet weight. A material for suppressing decomposition of chlorophyll, preferably an anti-oxidation material, e.g., β -carotene, is accumulated in tissues of the green soybean. Preferably, β -carotene of not less than 750 μ g / 100 g wet weight is accumulated in the green soybean. The invention also provides a green soybean thawed from the frozen green soybean. The thawed green soybean is adaptable for chilled distribution.